

## Wolf says remember family priorities while remote *Commander encourages Wolf Pack to stay in touch with loved ones*

By Col. Philip Breedlove  
8th Fighter Wing commander

During our tour at the Wolf Pack, the mission takes up most of the time. During that time, learning a new, fast-paced mission, and establishing a “new life” away from our roots can be disruptive, both to our family back home and us. The tour can be even more disruptive if regular family interaction isn’t made a part of your routine here. The bottom line is, our role as parent and spouse does not end just because we are here at Kunsan.

Keep this in mind, in most cases the family was established before your Air Force life began. The family is there while we are in the Air Force, and the family will be there after we leave the Air Force. The Air Force is temporary, the family is not; do not get the two confused.

We all know keeping in touch with family back home is not easy. Time-zone differences, work demands and limited funds can make communication difficult. All these challenges can be destructive to an otherwise close relationship. While the mission should be a high priority, it shouldn’t be the number-one priority in your life. That honor should always be reserved for your family.

We need to plan to devote time to communication, and to continue our roles as parents, spouses or loved ones. Even though I’m geographically separated from my children, I am still the father of Samantha, Rebecca and Daniel. I need to be involved in their successes and their failures. I still need to be involved in their discipline, and making the decisions that shape their lives. Quite frankly, as a father of a teen-age daughter, I have

had some of the most “intimate” discussions about life’s journey with my daughter via e-mail this year. We have talked in a very comfortable way about things that would have been tougher face to face.

Equally important, we can’t neglect our role as a spouse. I am still the husband of Cindy. Birthdays, Valentines Day, Christmas and anniversaries don’t go away because we are remote. Just as important, if not more important, is that day-to-day connection that still says you are the most important thing in my life.

Be careful not to fall into the trappings of believing work, friends at the “Kun,” A-Town or cultural scenes are acceptable substitutes for family; they aren’t. All you accomplish here in Korea, or the cultural experiences you have, will seem meaningless if you don’t have family to share your experiences. If you neglect the family, when you return you may find the relationship damaged or destroyed beyond repair.

There are several ways we in the Wolf Pack can communicate with family back home. The morale call program entitles military and civilians stationed at Kunsan to six, free 15-minute long-distance telephone calls each month. The Hearts-Apart program allows spouses to make an additional two telephone calls from their home base. That’s six free telephone calls a month.

Also, the Community Center offers telephone calling cards people can purchase to call home for as low as 9 cents a minute. For those who treasure the written word, send your love via letters, greeting cards, e-greeting cards, postcards and e-mail. Unlike most stateside bases where e-mail is for professional use only, I encourage you to use government e-mail accounts to keep in touch with family.

Whatever you do, remain true to your spouse. Just

because we are remote does not mean we can check our morals at the door as we exit the airplane. Don’t put yourself in a situation or make a decision that will destroy the trust between you and your spouse. Don’t give your spouse or family any reason to not trust you. Finding comfort in the arms of another person or the bottom of a beer bottle is never the solution. Putting family first and working hard to maintain your relationship back home is the answer. I encourage you to develop mutual ground rules and understand one another’s expectations while remote.

Being so far apart from spouse and family is a frightening and risky endeavor for any relationship. Establish healthy communication with your spouse and family. Discuss your personal expectations and listen to what you can do for them to make the year easier on all involved. Don’t allow distance to be a great barrier. Don’t allow your social life to be a threat to the relationship. Share your experiences and get involved in organizations, endeavors or causes that will benefit you over the years. Encourage your family to get involved and stay active as well. Keep yourself and encourage your family to keep busy. Realize separation is never easy, and often challenges the strongest of relationships.

Over the year you and your family will grow and change as individuals. Don’t allow the physical distance to cause you to miss out on these experiences. Embrace the change, avoid the trappings that can damage a relationship or turn you into strangers. Remember, family first is the key. It’s probably more important now than it’s ever been. Take every opportunity to let your family know they are loved, and that they are your first priority in life.

### Countdown to ORI 2001 12 Days

#### ATSO Tip of the Week: *Nerve Agent antidotes and treatment*

Nerve Agents are the only chemical agents with a field antidote. The antidote consists of three Atropine auto-injectors and three 2 PAM chloride auto-injectors. Unless directed otherwise, store the antidotes in the large pocket of your mask carrier.

**First** – Hold the smaller injector at eye level.

**Second** – Grasp the end and remove the yellow cap. The injector is now armed.

**Third** – Press the green end into the thigh muscle or buttocks. Be careful when injecting in the buttocks area. Hitting a main nerve could cause paralysis. Hold the injector in place for ten seconds.

**Fourth** – Remove the needle, bend it and attach it to the left pocket on the ground crew ensemble.

**Fifth** – Repeat the same steps with the chloride injector.

**Check Chapter 10 on Page 10-1 in the January 2001 Kunsan Ability to Survive and Operate Guide or Page 124 in the Airman’s Manual.**

### Commander’s Hotline

*The commander’s hotline is your direct line of communication between me and the Wolf Pack. It’s one of several means of helping to resolve concerns and to get my response to comments and questions. As a general rule, I ask you to contact the agency involved first, but if you are not satisfied, call the hotline at 782-5284, e-mail the 8th Fighter Wing Public Affairs office or e-mail me directly.*



Col. Philip Breedlove,  
8th Fighter Wing commander

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|---|----------|
| <b>Who to call</b>                              |          |
| Base exchange.....                              | 782-4520 |
| Chapel.....                                     | 782-4300 |
| Civil engineer squadron customer service.....   | 782-5318 |
| Commissary manager.....                         | 782-4144 |
| Computer help desk.....                         | 782-2666 |
| Fitness center.....                             | 782-4026 |
| Housing office.....                             | 782-4088 |
| Inspector General.....                          | 782-4850 |
| IDEA office.....                                | 782-4020 |
| Law enforcement desk.....                       | 782-4944 |
| Legal assistance.....                           | 782-4283 |
| Military equal opportunity.....                 | 782-4055 |
| Military pay.....                               | 782-5574 |
| Military personnel flight customer service..... | 782-5276 |
| Medical patient advocate.....                   | 782-4014 |



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Faxes and typewritten submissions are also accepted.

The voice mail to 8th Fighter Wing Public Affairs is 782-4705.

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